



Delicious Temptations from the South: Secrets from a True Southern Belle

Valerie Lynn Pike

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Home-Cooked? ?Secrets? ?from a true Southern Belle is a? ?226? ?page cookbook.? ?Ms.? ?Pike was inspired by family members to create it?! Valerie grew up in the South with? ?? ?grandmothers.? ?Winnie who lived to? ?99? ?years of age loved to make Purple Lady Salad. Ethel who was Swedish and lived to? ?102? ?taught Valerie how to make the best Rice Pudding.? ?Ms.? ?Pike? ?has? ?worked as a personal chef and professional cooking consultant in California. You can enjoy her great appetizers for any party such as the Cheesy Black-eyed Pea Dip. For a Super Bowl Party her Hot Spinach Dip.? ?Your neighbors will smell a wonderful aroma whether you are cooking a romantic dinner or a family get together.? ?You can even enjoy some of these recipes with your co-workers over a glass of red wine?! Southern Gals love to make casseroles for pot-lucks and you will love her Baked Pineapple Casserole,? ?as well as her Duck and Wild Rice Casserole.? ?Valerie's cookbook will appeal to the working mother who likes to have leftovers for the next night's dinner?! For Brunch you can make her Sour Cream Coffee Cake.? ?And her desserts include Carrot Cake and the Best Egg Custard Pie. Her book is categorized into Cocktails and Beverages such as Plantation Punch for a Baby Shower,? ?Mama's Punch, ?Bellini Punch and exotic cocktails like Apricot Lady, ?Chocolate Martini,? & ?Toasted Almond Martini you can enjoy with your BFF?! Soups such as Baked Potato Soup and Chicken Tortilla Soup Breads like Corn muffins Appetizers that include Corn Dip Meats like her Oven Pot Roast that will melt in your mouth,? ?Marinated Pork Chops, Baked Swiss Chicken and Homemade Chicken Pot Pie. Pastas like No Boil Meat Lasagna,? ?Rice Lasagna? & ?Venison Manicotti.? ?And Valerie's favorite Best Ever Penne Pasta Recipe. And what's a BBQ without delicious New Orleans BBQ Shrimp served with a side of BBQ Rice and Cowboy Beans.? ?Vegetables like Green Bean Bundles &? ?Hearty ?Cabbage Casserole.? ?Homemade Rich Sauces? ?such as Béarnaise and Cranberry? ?& Cookies such as Decorated Santa Clauses. Desserts such as my grandma's Southern Pralines, Sugar Cookies and Lemon Icebox Pie. Also included special recipes for the Holidays. Valerie Pike Art Tales Creative Writing Adult Fiction Winner 2013 www.youtube.com Valerie Pike the Ventura Pier at Sunset

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